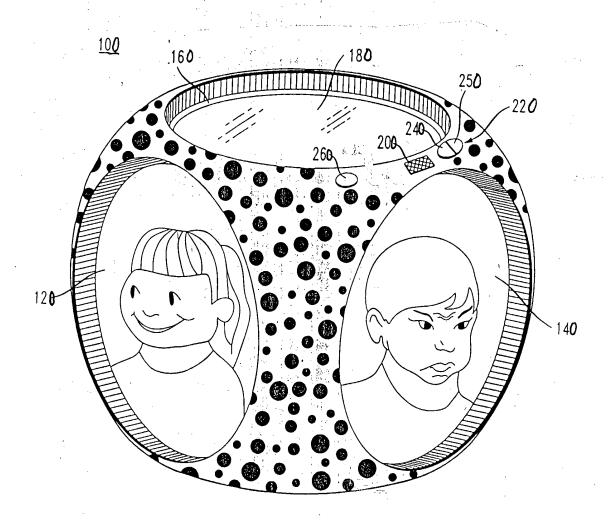


FIG. 1

EDUCCOMM 010/

EMOTIONALLY SMART BEGINNINGS MASTERY SCALE

EQ CATEGORIES:	1	2	3	4	5
	Never	Rarely	Occasionally	Frequently	Always
AWARIENIESS OF SELF					
a) Able to match the five Primary	,				
and/or five Secondary emotions to					
visual and/or auditory cues:		·			
b) Able to display appropriate facial			·	-	
and body movements for five Primary					
and/or five Secondary emotions:					
c) Able to verbally express five	•				
Primary and/or five Secondary	l				
emotions:					
EMOTION MANAGEMENT					
a) Able to identify and verbalize one's					
own feelings:	1				
b) Ability to use "I Message":					
c) Awareness of instructional					
techniques:					
d) Ability to utilize instructional)			
techniques:					
EMPATHY					
a) Awareness of feelings in others:					
b) Ability to take perspective of					
others:					i I
c) Ability to display empathy in either					
words or actions:					1
OPTIMISTIC THINKING					,
a) Ability to mimic optimistic phrases:			II.		
b) Ability to display optimistic	,				
thinking skills:					
MANAGEMENT OF PEER					
RELATIONS					
a) Sharing with others:					
b) Playing cooperatively:					
c) Resolution of conflicts:		 			· ·
c) Resolution of conflicts.				L	L



F16.3